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Let's Face It!

by Ruth Frantz

Home Economics Freshman

MAYBE a face like "peaches and cream" is your suppressed desire. Maybe you've tried all the sure cures, have spent hours scrubbing with butter-milk soap or glycerine soap, have spent patience carefully peeling off drugstore preparations and have traded your disposition for a complexion complex. At any rate, you're probably quite convinced that a clear, unblemished complexion is one of the biggest assets a girl can have.

Whether your problem is a serious acne condition or just a few troublesome bumps and blemishes which invariably pop out just before a big date, there is a good chance for improvement.

Don't give up

If you're troubled by a real case of acne, it's best to consult a reliable dermatologist. He may put you on a strict diet or use one of several treatments reserved for more serious disorders. Glandular extract of hormones may be prescribed or he may administer cakes of dry ice dipped in a mixture of acetone and liquid sulfur. In some cases he will decide to use ultra-violet rays or X-ray treatment. All of these remedies can be extremely dangerous in inexperienced hands; however, they are safe when administered by an experienced doctor.

But those of you who have already consulted as many as half a dozen doctors will agree that a few good habits cultivated immediately will be much safer and more effective than these possibly dangerous treatments. "Just be patient 'til you're out of your teens" is probably the wisest prescription.

Yet, there is much you can do yourself to arrest any skin problem — of a less serious or highly troublesome nature. **SINCE A FAULTY COMPLEXION IS AN INDICATION THAT SOMETHING IS UPSET WITH YOUR WHOLE SYSTEM, THE BASIC RULES OF COMPLEXION CARE ARE ALSO THE RULES OF GOOD HEALTH.**

One of the most important factors necessary for a good complexion, and for good general health, is *proper diet*. Drink lots of water and fruit juices and never neglect your salads. Fresh fruits and vegetables will do wonders for your complexion. Chocolate and cola drinks are absolutely "No! No!" and sweets, fats, nuts, peanut butter, alcohol, ice cream, gravy, shellfish and fried foods should be kept at a minimum.

Plenty of rest is another must for health and general appearance as well as good complexion; most people need at least eight hours of sleep every night. You'll be rewarded by better health and appearance if you use your study time during the day to best advantage and get plenty of sleep at night.

Proper cleansing is necessary too, but that doesn't mean that you must scrub your face with a strong soap and complexion brush. A harsh soap will only irritate the skin, and a complexion brush may spread and aggravate the infection. Wash your face with warm water and soap several times a day and finish with cold rinse to close the pores.

Avoid the use of cleansing creams, foundation creams and cake make-up — anything with an oily base; they clog the pores and encourage oily skin. If you simply must use a softening agent after washing your face so often, use a non-oily hand lotion or glycerin and rose water.

It's important to keep the hair clean and free from dandruff too, because dandruff and oil from the hair are in close contact with your face and may have a much greater effect than you realize. Stimulate your hair glands to good health by frequent tingling alcohol massages.

New effective help

Lotio alba, a mild sulfur lotion useful for drying minor skin infections, may be obtained at a drugstore either white or tinted. Also available now is a flesh-colored, non-greasy ointment containing resorcinol, sulfur and alcohol. It has a double purpose in that it camouflages blemishes while drying them up. It is available without a prescription, but you should consult a doctor before using it because it may be irritating to your particular type of skin.

One hard and fast rule is: *Keep the hands away from the face.* Your hands are constantly in contact with germ-carrying bacteria which are transferred to the face by contact, and squeezing of bumps may bruise tissues and cause permanent scars. If you need to remove blackheads and whiteheads, the face should be washed and steamed with a hot towel first. Then you can press gently with the fingers covered with cleansing tissue and apply an antiseptic immediately afterward.

It may take a little extra time and will power, but anyone who is really willing to follow these suggestions can be guaranteed of a better complexion, and in turn a better appearance, and — let's face it — a happier personality.

